



by Mark Manson (AKA 'Entropy')

What If I Told You There Is A Proven Way For ANY Guy To Land A Hot Girl?

And the answer isn't some lame trick, tactic or generic self-help exercise... In fact, it's something that you already know, but don't realize it... yet.

It was the night of my 21st birthday, and I was sitting home alone playing 'Halo' by myself.

I had bought myself a six-pack of beer, but other than that, I wasn't partaking in any of the usual rituals or excitement that comes with your 21st birthday in America.

I was a lonely computer gamer with very few friends. My only girlfriend was thousands of miles away. We talked on the internet and if I was lucky, by phone.

At the time I didn't realize it, but she was currently cheating on me with the star football player from her school.

Three months later, she would dump me for a second guy she would cheat on me with. And as I did with the years of

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long-distance phone calls and absolutely no sex, I would put up with it. I was in love with her, and I would do anything for her I told myself.

The only reason I bring this up is because before we get into this, you need to know that I came from a very bad place with women. I was never the “cool” guy.

Maybe you can relate.

Growing up, every girl I ever liked told me she just wanted to “be friends.” Every advance I made was met with cold rejection or awkward apologies.

When I was 18, I would lay awake in bed at night and beg any God that there may be for a girlfriend. Just one. Give me one chance.

And by my 21st birthday, drinking alone, playing video games alone, the only girlfriend I ever had was banging not one, but two other guys behind my back.

Making A Commitment

Summer came around, and so did the inevitable. As you could imagine, when she dumped me I was absolutely

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devastated. She didn't even bother to call me herself, a friend did it for her.

I was distraught. But after a few weeks of depression and introspection, I made a very strong and powerful commitment to myself.

That commitment was "never again." Never again will I be walked over. And never again will I *NOT* be in control of my relationships with women in my life.

Hopefully this is a commitment you will make to yourself too. Maybe you've been hurt in the past like I was. Or maybe you're just tired of being alone.

Either way, you owe it to yourself to read this guide until the end.

Five Years Later...

My 26th birthday was a little better than my 21st. For starters, I celebrated it in Mendoza, Argentina with some Tequila and good friends.

That night, my friends and I met a bunch of other travelers out at the local night clubs. I met a cute British girl, who

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ironically, despite having a boyfriend thousands of miles away, still hooked up with me that night.

Funny how things change, yet they don't change at all.

The next night I had a hard decision to make. Tall Israeli brunette, or sexy local Argentinian?

Both were basically throwing themselves at me. I hadn't even tried to attract them. Both had sexy white dresses on. And both had hot accents.

In the end, I took the Israeli (my first at the time).

As you can see, a lot changed in those five years since my first girlfriend.

I had been coaching pick up and dating advice to men professionally for a little more than two years. I was very successful at it, and this allowed me to travel internationally at will.

In those five years, I slept with 76 women and had more threesomes than many guys have dates in their whole life (11 to be exact).

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I had two long-term relationships, both of which were with amazing and beautiful women who are still very close to my heart today.

And perhaps most importantly, I had personally coached literally hundreds of men in seven different countries and 26 different major cities around the world on how to improve their results with women, just as I did.

But Something Was Wrong...

Like I said, I had been teaching hundreds of men around the world for a little more than two years.

Most of this coaching involved actually taking them out to bars, clubs and malls, and showing them how to talk to and attract women live and in-person.

But some of it involved giving talks and seminars to large groups of men (sometimes as many as 100 at a time) or doing interviews for shows that were seen by hundreds as well.

Don't get me wrong, some of the results were great...

- There was the 29-year-old virgin who lost his virginity within six weeks of working with me and went on to date

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11 women in the next year.

- There was the 21-year-old virgin who not only got his first kiss of his life while out with me, but ended up losing his virginity to the same girl three weeks later.
- There were the two weddings that I was invited to as former clients had met their dream girls as a result of my coaching.

But unfortunately, there were a lot of guys who only improved modestly, and even a few who didn't improve at all.

And despite how great everything seemed, this bugged me. In fact, it frustrated the hell out of me.

I truly believe that any man can improve this area of his life to a high degree if he so chooses. So why were some guys choosing and not getting the results they so desperately wanted?

So later that year, I started experimenting with new teaching methods.

Up until this point, I had assumed that the industry standard (coaching organized into "bootcamps," eBooks or

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seminars) was the most efficient way to help guys improve.

I did it just because it's what everyone else had been doing. And it seemed to work up until that point, right?

But it wasn't. As I looked around the industry, there were large groups of frustrated men all over who were not getting the changes in their lives that they needed.

Something was wrong, and I was determined to find a way to make it better.

I tried some strange techniques, and even pissed a few guys off... but in the end, I came to a startling conclusion.

We Had It Wrong All Along...

Let me start by explaining what's WRONG with 99% of the current dating advice and pick up coaching out there. And then I'll explain the answer that I stumbled across.

Once I discovered this answer, my students and clients began seen drastic improvements in a fraction of the amount of time it used to take.

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And as far as I can tell, no one else in the industry is even approaching the insane improvements my guys have been making, time and time again.

But first, let me point out what's wrong...

eBooks: By now you've probably noticed two things about this guide... one is that it's free, and two that it's not giving you any specific techniques or tactics... just "big picture" advice and strategies for improving yourself.

There's a reason for this, and that reason is that when it comes down to the nitty-gritty of getting good with women, **eBooks don't work.**

In fact, they can actually do more harm than good if you're not careful.

The problem with eBooks is this: seducing women is primarily a physical activity (more on this later), and the written word is HORRIBLE for teaching physical activities.

I could sit here and write down to the most minute detail, "approach a woman from the left, at a 45 degree angle, with your head cocked back slightly, a smile and then deliver coolly and calmly the following line with a deep voice..."

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The problem with written advice like that is that your idea of a “slightly cocked head” may be different than mine, your idea of a “deep voice” may be different than mine, and your idea of “cool and calm” may be completely different than mine.

Hell, you may even envision “45 degrees from the left” completely different than me (who’s left, yours or hers?)

You get my point...

In the end, all that eBooks are good for is this: general overall advice and strategy (like this one), and advice on an aspect of gaming women that is 100% verbal...

For instance, an eBook on text messaging women makes sense.

But one for how to seduce them, make them your girlfriend, and have sex with them is really only as valuable as the overall concepts it gives you.

And of course, picking up women being a physical activity, it must be DONE and PRACTICED. Reading about it, more often than not, will only be as useful as the experiences that you can refer to.

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It's like reading a book on martial arts. Would you ever learn Muay Thai by reading books about it?

Sure, you may understand theoretically where all the kicks and punches should go, but until you actually get into the ring and TRY IT, you'll never ACTUALLY know.

Seminars: Seminars largely have similar short-comings as eBooks... that is, they only TELL YOU what you should be doing, rather than promoting your active involvement and supporting you in actively practicing it.

Their usefulness is really limited to, again, the overall concepts you gain from the seminar (as they relate to the experience you've already had), and then perhaps seeing any physical demonstration (i.e., body language, delivery, etc.)

Again, you could go to a martial arts seminar and SEE a guy demonstrate techniques, but that will only give you a very small reference experience when it comes to using your actual skills.

The other problem with seminars is that they're often very, very large and therefore not personalized.

Seducing and becoming good with women is a very personal process and often differs very much from one

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guy to the next... therefore a seminar that may be the perfect solution for one guy, could be the absolute worst one for another.

Bootcamps and Infield Coaching: The final way that guys learn to be better with women, and I suppose the “high ticket” way, is through what are referred to as “bootcamps” or in-person coaching.

This is where a coach or instructor takes one or more guys out with him and specifically shows him how to pick up women and interact with them.

This was my bread-and-butter income for well over three years, so I feel like I’m very qualified to speak about this.

Often times, depending on the guy and on the coach, this goes very well.

But unfortunately, it’s not a guarantee.

For one, many guys have problems that are way too deep and ingrained in them to address in only one or two days.

Sometimes, it even takes a coach one or two days to even dig down to the core issue holding a guy back. So by the time he even figures out what needs to be worked on, it’s time to pack up and go home.

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As a result, some guys come away from “bootcamps” with the tools and motivation to become very good with women.

But many don't. In fact, it's quite common for many guys, after returning from their “bootcamps,” to simply revert back to their old habits.

The key word here is “habits.” You can imagine how frustrating it is to spend 30+ hours teaching a guy absolutely everything you know about women, and then spending another 10 hours with him out approaching women... only to have him revert back to his former self a month later.

This was the crux of the issue. And in the end, after all of the experimenting I did, this is the conclusion I came to...

Seducing Women Not Is Not A Skill, It's A Habit

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What I noticed is that often times I would go out with a guy and get him to do something amazing while he was out with me...

Maybe he'd kiss three or four girls in one night...

Maybe he'd take home a woman that he just met from a bar for the first time in his life...

But a lot of times, even though he "got it" and understood it once... as soon as I left town, he'd revert back to his old self. And act the way he used to.

Seducing women has always been treated as a skill... like playing piano or surfing.

But this is wrong.

Playing piano and surfing are sophisticated activities that require years and years of technical practice to become a master at.

But being good with women isn't like that. Many men are born good with women. And others teach themselves to be good with them fairly quickly.

Seduction isn't a skill that is studied and mastered. Everyone already knows how to speak to people and

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touch them. It's just a matter of doing it, and doing it regularly and confidently.

Seducing women is a simple activity that requires habituation.

For example: objectively, walking up to a woman and saying "Hi," is an incredibly simple task. Everyone is physically capable of doing this.

Everyone!

Physically, it requires no effort. I don't have to teach you to do it. You could do it any time you wanted.

It's just that you don't want to. I didn't either. We're conditioned to never do it and therefore feel extremely uncomfortable when we decide to start doing it.

Simple activity. But conditioned to not do it.

Or take calling women after we get their number. Many men get nervous or upset if a woman doesn't pick up, so they never call her again. Some men get so nervous, they don't even call her to begin with.

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But calling a woman 3-4 times until she picks up is not a sophisticated skill. Anyone can do it. We just don't. We're not conditioned to.

Kissing a woman is easy. You lean in, put your lips to her and that's about it. There's absolutely no skill to it. Nothing to practice.

You just do it. It's just hard because you're not used to it.

Seduction is habituation.

And the thing about habituation is that it can't be taught through a book or seminar or even in one weekend out with a coach.

Habituation only occurs one way: through rigorous repetition over an extended period of time.

The Truth About Getting Good With Women

I'll illustrate this with a simple example.

Let's take approaching women. It's usually the very first "skill" guys who want to improve focus on. It's also a habit

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that just about every guy struggles with for a very long time.

Classically, the ability to approach an attractive woman you don't know and start a conversation, was taught in one of two ways:

1. A descriptive and tactical way. For instance, "Approach from this angle, look over your shoulder, deliver this line, smile this way."

This is less common these days as it was five years ago. But anybody who has approached more than 50 women in their life can tell you that the exact way you approach a woman is almost totally irrelevant.

What's most important is that you just approach her. Once you have her attention, it's what you say afterward that is most important.

All of this stuff about "over the shoulder," "leaning back," and specific canned lines are just a red herring... stuff to make you feel like you're learning something important when really it doesn't matter at all.

Most women in the world, you can walk up to and say, "Hi" and they'll say "Hi" back right back at you.

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It's once you have their attention that you have to start worrying.

Guys who get caught up in the “tactics” of approaching waste countless hours and nights obsessing over irrelevant details... “Oh, my delivery of the second line was too passive,” “Damn, I need to lean back on my left foot more next time.”

Usually if a woman blows you off, she wasn't going to talk to you no matter what you said or did. Move on.

2. The other way approaching is taught is by what I call the “drill sergeant” method or the “over-stimulated.”

This usually happens with a coach or wing-man in person. He stands behind you and basically yells at you or nudges you into doing it.

And often, he's pushing you to say something you're not comfortable saying at all, in an environment you're not comfortable in at all, causing your nervousness to go through the roof.

What happens to many guys is that they become overwhelmed and often times LOSE confidence and motivation when this happens.

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There's too much pressure on them, and even though they may do 3-5 approaches that weekend, the next week when they're on their own, they're back to square one because they haven't ingrained the habit into themselves.

It's like jumping into the deep end once a week and then getting out immediately as a way to learn to swim. Just because it's the deep end doesn't mean it's going to teach you any quicker.

So what's the CORRECT way to learn to approach?

Remember, our goal is to condition ourselves to perform a simple activity.

So start simple.

What I started doing with my students who struggled with approaching was this:

Day 1: Approach 10 attractive women and simply ask for directions to a generic location (the mall, the post office, etc.) No matter how she responds, you don't have to say anything else if you don't want to.

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Day 2: Approach 10 attractive women and ask for directions again, and if they answer you, then ask them how their day is and thank them.

Day 3: Approach 10 attractive women, ask for directions, ask them how their day is, and if they get a warm responses for both, ask if they'd like to get a cup of coffee some time.

Day 4: Approach 10 women telling them that they're cute and you wanted to meet them. Introduce yourself and start a conversation.

Day 5: Approach 10 attractive women like Day 4, except for any woman who speaks to you for more than five minutes, ask her on a date.

Any day that is difficult or that you don't complete, go back and do it again until it is easy to complete before moving onto the next one.

It's not a big deal if you don't complete some days, but what is important is that you go out EVERY DAY and do this.

The goal is HIGH repetition, low intensity rather than the usual low repetition, high intensity.

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Purposely schedule 1-2 hour blocks into your day to do this. Set everything aside. Make this a priority.

Now, above is a shortened example of the process I went through. But the results were staggering.

Guys who had been *completely incapable of approaching during the day for years*, within a few weeks were able to approach 10-20 women a day without batting an eye.

And this happened WITHOUT ME BEING THERE AND PUSHING THEM AND WITHOUT ANY CHEESY TACTICS OR LINES.

It was merely a matter of installing a new habit into them: approach women during the day time.

The Correct Habits Are What Create Your Success

Like I said earlier, learning to be good with women isn't a skill-set that you learn like playing the guitar.

When you sit down with a guitar, it takes hours upon hours to get to the point where you can even play a basic song.

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This is totally the wrong mindset when it comes to women. There's nothing to perfect. There's no "right" or "wrong" technique.

What works with one woman may completely bomb with the next.

We're talking about humans here, remember... Everyone is different and every woman you meet is different.

But what remains the same is your ability to act on your desires, your ability to communicate effectively and your ability to push the interaction.

These abilities stem from HABITS, not skills.

Seducing women is more like lifting weights. You already know what to do... it's just that if you've never done it before, it's going to be painful the first few times.

So you start light and work your way up. You do this with each specific habit.

Approaches can start short and simple and become more and more regular and aggressive.

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Conversational habits can be built so that you're able to go from simple and plain conversations, to dynamic and deep conversations.

Flirting habits can be developed so that you can go from basic humor to edgy and sexual teasing.

Habits for calling, texting and going on dates are easily installed with a few basic pointers and enough experience.

What's most important is the repetition, and the incremental increases.

Telling a guy who has never kissed a girl to grab a girl's ass as soon as he meets her is probably going to scare the living shit out of him.

But if you have him touch her on the arm, followed by putting his arm around her, then he'll be able to work up to feeling comfortable with it over time.

What's important is the repetition and the incremental increases.

The problem with most guys who want to become good with women is they come asking the wrong questions, "What's the right line to say?" "When do I kiss her?"

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These are unanswerable questions. They don't treat your interactions with women as habits, but as skills.

It's like an artist asking, "When do I use the color red?" or "What should I draw first?" There's no correct answer.

The Habits Are Linear

I've narrowed down success with women down to six important habits.

1. Healthy Lifestyle
2. Approaching Women
3. Conversation
4. Flirting
5. Follow Up and Dates
6. Physicality and Sex

Once you master these six habits, women will spill into your life at will.

Literally, you will have more women in your life than you have time for (it's a good problem to have, trust me).

But there are two VERY important things to note about these habits.

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The first is that every guy is naturally going to already have good habits in some categories. For instance, when I started trying to improve with women, I was already pretty good with my conversational habits, but absolutely horrible at approaching and flirting. As a result, I could always get along with women, but had trouble meeting them.

Some guys are naturally pretty good with lifestyle and approaching but have terrible conversational habits. These guys would meet many attractive women, but would not be able to build significant rapport or attraction with them.

Your natural strengths and weaknesses will determine where your main focus will be.

The second important point is that these habits are linear.

For instance, healthy lifestyle habits (being of good health, well put together, good profession) is absolutely necessary before you can even begin to meet women.

If you're broke, living with mom, and have a chronic illness, you're barely going to be able to meet women at all, not to mention go on dates with them. You have more pressing concerns in your life to attend to.

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If you're unable to approach women, then you'll be unable to even have conversations with many of them, much less flirt with them or ask them on dates.

Before you can successfully flirt with women, you need at least some basic conversational habits under your belt.

If you can't flirt with women, you won't ever get a date. And if you can't ever get a date, you're never going to get physical with them (kissing or sex).

At the same time, if you're EXTREMELY good at approaching, then your conversational abilities will naturally improve simply by repetition.

By the same token, if you're a great conversationalist, flirting well will come quickly and easily.

Hopefully this makes sense.

Let's Review What We've Learned

So let's get this all straight:

- 1) Seducing women is not a skill-set that is studied, but a matter of building habits that are practiced

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- 2) These habits are built through repetition and incrementally increased intensity.
- 3) The necessary habits are linear in nature and affect one another.

If you're following me so far, then you'll agree that it's probably pretty easy to put some sort of curriculum together for guys to get good at this stuff.

For instance, you provide a certain amount of necessary information about each habit and then send guys out with exercises that incrementally improve each habit.

Once one habit is established, you move on to the next.

For instance, a new student could progress like this:

- Series of exercises to establish a habit of approaching.
- Once approaching is sufficient, series of exercises to establish good conversational habits.
- Once conversation habits are solid, series of exercises to flirt with and tease women well.
- Once flirting and teasing well, series of exercises to get phone numbers and dates.
- Once acquiring phone numbers and dates consistently, a series of exercises to quickly get physical and escalate to sex.

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Does this make sense?

Once there's some form of structure to the process, I've found guys to improve extremely quickly, reaching high levels of success (dating multiple women, getting laid regularly, etc.) within a fraction of the time that it takes most guys.

And not only that, but each habit sticks. It's not a memorized line that goes away if you don't use it. It's not some gimmick that stops working once women catch on.

It's a habit. It will work now. It will work next year. It will work 10 years from now.

And like riding a bicycle, it will never go away.

The Importance Of Community

I'd like to take a moment and mention the importance of community in all of this.

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Napoleon Hill originally introduced the idea of a “mastermind group” in his seminal book *Think and Grow Rich*.

The idea is that the more you surround yourself with others with similar goals, the more likely you ALL are to be able to reach those goals.

Particularly when it comes to women, it’s important for men to have somewhat of a support group helping them out. A lot of these habits are nerve-wracking or bring up a lot of emotional baggage in us. That is what makes them difficult to work through.

So when you have contact with many men who have been through the same issues who can support you, then you’re even more likely to succeed.

Creating A New Program For Success

After making these discoveries, I decided to set out and create a new program for success -- an interactive curriculum and community that systematically helps guys install the correct habits within themselves.

The program is linear, beginning at the basic components of lifestyle and being attractive and slowly working its way

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through the harder and more complicated habits of being physically aggressive, verbally dominant and logistically persistent with women.

The idea is that by the end, once you've installed these habits into yourself, you'll have the results you've always wanted.

I called the program "Get a Girlfriend, Guaranteed" because the program itself walks you through the entire process of getting a girlfriend.

It may not be the first woman you meet, but if you follow each and every step, you'll come out the other side with a woman by your side (or in your bed).

The program has four major components that make up each habit we try to teach you:

- 1) Written information describing the habit and its purpose.
- 2) Video/Audio examples of the habit in action.
- 3) Incremental exercises for you to go out and do yourself until you've mastered the habit.
- 4) An interactive community so that guys who are struggling can correspond with other program members or myself to help them get through sticking points.

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The results of the program's beta test were phenomenal. The majority of the guys (63%) ended up sleeping with a woman before even finishing the entire program.

Many others are now able to approach whereas they were never able to before. Some are now able to hold interesting and dynamic conversations for the first time in their lives.

These results all came within weeks, not the months or years that most other seminars take.

And the best part is that absolutely everything is broken down for you into a step-by-step process, removing the confusion of "what should I work on first?" or "what do I do next?"

If this is something you're interested in, I have a free video for you at the following link:

www.GetGirlfriendGuaranteed.com